



SECTION TWO

Test Diets and Diets of Limited Duration

Diet manual

Renogram Test Meals

General Description

Renogram test meals are used in preparation for testing renal function. Sodium, protein, and caffeine are restricted for the GFR test. Sodium, protein, caffeine and fluid are restricted in preparation for the MRI test.

Indications for Use

The Nuclear Medicine Department recommends that patients be placed on a 2 gm sodium diet for dinner and HS snack the evening prior to the test. On the day of testing, the diet is restricted to 2 gm sodium no caffeine diet with no more than 10 gms protein per meal, until the test is completed.

Guidelines

- Patients should eat only food provided at test meals and HS by Food Service.
- For dinner and HS the evening before test day, provide 2 gm sodium diet.
- On test day, provide 2 gm Na + no caffeine diet limiting protein to no more than 10 grams per meal until the test is completed.
- *For GFR Testing:* push fluids. Provide up to 12 fruit juices (usually lemonade, apple, or grape juice) at the HS snack (send to nurses station) for the morning of testing.
- *For MRI Testing:* limit fluids to 200 ml per meal on the day of testing.

Day Before Test

Dinner	HS Snack
LS Soup	Fruit
LS Meat or Substitute	LS Crackers
LS Potato or Substitute	Lemonade or Juice
LS Vegetable	Juice for GFR Testing (12 lemonades, apple, or grape juices)
LS Salad/LS Dressing	
Fruit or LS Dessert	
Bread	
Margarine	
Milk	
Beverage	

Renogram Test Meals

Test Day

Breakfast

LS Cereal
1 Slice Toast
1 Margarine
1/2 Milk

Lunch

1 Baked Potato
LS Tomato Soup
LS Salad/LS Dressing
Fruit
1 Slice Wheat Bread
2 Margarine
2 Lemonade (GFR Only)